

Food and Sport

Curriculum Links

Health and Physical Education

- Food choices contribute to health and wellbeing.
- We eat a variety of fresh foods to provide our bodies with the nutrients that make every part of our bodies healthy.
- Health can include a positive outlook, a strong body and resistance to illness.
- Good breakfast choices give us energy for learning and growing.

The motto of the Olympic Games is **‘Swifter, Higher, Stronger’**. In Latin, that’s *Citius, Altius, Fortius*.

About this unit

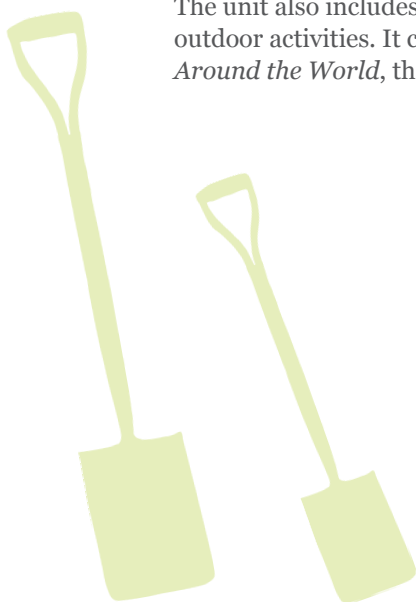
Strength and speed, two of the elements of the Olympic motto, illustrate why we need to know how to make good food choices. Athletes control their food intake and are very aware of the many nutrients and minerals in different foods. Students need a variety of nutrients for growing bodies, quick mental work and a busy, active day.

These lessons focus on understanding the different grouping of foods. Research conducted by the National Health and Medical Research Council (NHMRC) indicates that children age 8–12 generally do not eat as many or as varied vegetables and fruits as they should.* These two lessons aim to supplement students’ experiences in the kitchen and in the garden.

This unit is more about food than about the Olympics, so you can use it at any point, perhaps related to a sports day or to other athletic events such as the Commonwealth Games – or in relation to studies of countries and cultures, geography and languages.

Garden and kitchen classes

The unit also includes suggestions for kitchen classes and for outdoor activities. It can be supplemented by *Cook your Way Around the World*, the resource of country–cuisine activity ideas.



* The NHMRC publication *Dietary Guidelines for Children and Adolescents in Australia* (NHMRC, 2003) indicates that children age 8–11 in Australia on average eat only 33–37% of the recommended daily intake of fresh fruit (when excluding juice) and 71–73% of the daily recommendation for vegetables. ‘Experimenting with other cuisines, and incorporating new and traditional foods will encourage variety in the diet, help meet nutrient requirements, and provide some protection against non-communicable chronic diseases later in life.’ *Dietary Guidelines for Children and Adolescents in Australia* p62.